



---

## ***Growing Healthy Kids Columbus***

**VISION:** *Columbus is a community in which all children have daily opportunities for active play and access to nutritious foods that lead to children entering kindergarten ready to live, learn and play at their best.*

### **Minutes**

August 30, 2016 10:00am - 11:30am  
Columbus Public Health, 119C

### **Attendees:**

CPH Creating Healthy Communities	Katie Stone
American Heart Association	Alice Luse
Children's Hunger Alliance	Matthew Frakes
Columbus Rec and Parks Food	Julie Pruett Bishop
CPH Local Food Plan Intern	Alyssa Archdeacon
CPH HCHW Intern	Rachel Montalbano
CPH Healthy Children Healthy Weights	Alyssa Dorsey
CPH Healthy Children Healthy Weights	Ali Segna
CPH Healthy Children Healthy Weights	Hannah Bills
CPH Institute for Active Living	Barb Seckler
CPH Strategic Nursing	Bob Holomuzki
CPH Strategic Nursing	Sarah Aurant
Franklin County Public Health	Kristin Peters
Franklin County Public Health	Joseph Damba
Franklin Park Conservatory	Christie Nohle
Moms2Be	Carmen Clutter
Nationwide Children's Hospital	Megan Gorby
Personal Fitness Navigators	Ricardo Wilson

---

### 2016 STEERING COMMITTEE MEMBERS:

Carolyn Bernard, Columbus City Schools  
Megan Gorby, Nationwide Children's Hospital  
Mark Haynes, Children's Hunger Alliance  
Ali Segna, Columbus Public Health  
Bobbi Shannon, YMCA of Central Ohio

Carol Smathers, Ohio State University Extension  
Dawn Sweet, Franklin County WIC  
Jamie Turner, Columbus Public Health  
Rebecca Wade-Mdivanian, Ohio State University Life Sports  
Maria Villareal, CDCFC Head Start  
Matthew Yannie, United Way of Central Ohio

*Growing Healthy Kids Columbus is facilitated by Columbus Public Health - [www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)*

**10:00am – 10:30am Member Introductions and Program Updates**

All

- Highlights
- New resources/education
- Policy, system and/or environmental changes
- Challenges or barriers

<b>Partner/Organization</b>	<b>Program Update</b>
Ali Segna, GHKC	Presented the GHKC campaign materials for Healthy Celebrations and Snacks at the Mount Carmel Church Partnership Group meeting, including DIY Potlucks and Healthy Gatherings handouts. Received a lot of contacts from the meeting. Healthy Gathering Scorecards for meals and for snacks/breakfast are finalized and available on the Healthy Celebration page of the HCHW website.
Hannah Bills HCHW	20 child care centers have applied for Ohio Healthy Program to date, working closely with OCCRRRA to have applications approved. Providing 10 garden kits to child care centers to promote indoor gardens.
Ricardo Wilson, Personal Fitness Navigators	Working with more families at Fitness Navigators. Putting together self-defense group for children at Milo Arts Center.
Alyssa Dorsey, HCHW	HCHW is participating in the Healthier Buckeye Grant along with Franklin County Family and Children First Council, United Way of Central Ohio, Franklin County Department of Job and Family Services, Franklin County Public Health, and Nationwide Children's Hospital. HCHW will be working with 7 centers to apply for Ohio Healthy Program prior to June 30, 2017.
Kristin Peters, Franklin County Public Health	Working with farm to childcare and farm to school guides for central Ohio. There is a lot of information out there about this topic but none specific to where we are located. October is national farm to school month.
Carmen Clutter, Moms2B	Located in 4 areas of town. Care source signed on to provide transportation to care source members, should cut back on cost for Moms2B. Mid-Ohio Foodbank mobile market at every location. 6 new social work interns as well as some nutrition interns to assist at the centers.
Megan Gorby NWC	Completing training for primary care obesity network. The final My Healthy Family Fit series is on 2 <sup>nd</sup> sat of sept in Livingston park 10-11, similar to walk with a doc.
Katie Stone, Creating Healthy Communities	Healthy Gathering bag has been put together for CPH staff to borrow. It includes serving bowls, utensils, water pitchers and materials created by GHKC coalition. Someone has requested the use of the bag to use as a discussion tool on how to have healthy meals. Submitted CHC grant and working on the Tobacco grant. Dana Dorsey working on Fresh Foods Here to start veggie snaps pilot program in the IGA on Parsons. Chronic disease advisory board on September 15th 2-4 here at CPH in room 119C.
Bob Holomuzki, Strategic Nursing	Focusing work on the south side, promoting water first for thirst and healthy eating/living.
Barb Seckler, CPH Institute for Active Living	10 farmers markets in Columbus accepting veggie snaps. Working on Produce Prescription to collect health data related to intake of fruits and vegetables. Annual Mayor bike ride in hilltop along the new camp chase trail. Farm to Fork event raised \$10,000 to fund 6-10 gardens in 2017.
Matthew Frakes, Childrens Hunger	Family engagement event for home providers and their families, September 24th 11-1 at Parsons Library 1113 Parsons Ave. Incorporating HCHW's 13 key messages to show

Alliance	providers and families how easy it is to incorporate the material at home and with the children.
Christine Nohle, Franklin Park Conservatory	Finished Teen Core pilot program with 11 teens focusing on urban farming and working a farmer's market stand, which was very successful. FPC in the process of planning a children's garden for little ones to engage in nature; plan to open late 2017/2018. New entrance opening at FPC. Farmers market is on August 31 <sup>st</sup> and September 7 <sup>th</sup> 3:30-6:30.
Joseph Damba	Currently completing residency in neurology, wants to focus on community health and children, wondering how to engage people to care about themselves.
Julie Pruitt Bishop, Columbus Rec and Park	Finished summer food program, served over 500,000 meals at 200-240 sites serving breakfast, lunch, and snack. One more month of produce drop offs with MOFB at 16 rec centers. Looking at how to expand on emergency food services and how to fit in with the Local Food Action Plan.
Sarah Aurant, CPH Strategic Nursing	New nurse with SNT at CPH.
Alice Luse, American Heart Association	Initiatives: completed 6 <sup>th</sup> teaching garden at inner city school to plant an above garden. Heart association has food and beverage tool kit (see link below). Partnership with OSU interns teaching hands only CPR to community events. <a href="http://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Healthy-Workplace-Food-and-Beverage-Toolkit_UCM_465195_Article.jsp#.V8W5wfrK70">http://www.heart.org/HEARTORG/HealthyLiving/WorkplaceHealth/EmployerResources/Healthy-Workplace-Food-and-Beverage-Toolkit_UCM_465195_Article.jsp#.V8W5wfrK70</a>

### 10:30-10:35 am Pay-it Forward Award Winners

Award Winners

Franklin Park Conservatory used funds to supplement the Teen Corps Program. The Teen Corps Program is a work/study program for young adults in high school. Students spent 16 hour/week on nutrition based programming. Students used learned skills to teach healthy cooking demonstrations at the farmers market. In addition, students ran a farmers market booth and worked with younger youth in community gardens. Pay It Forward grant money was used to purchase fruits and vegetables for the students snack during the day and to supplement some foods at the farmers market. Christine feels that the Teen Corps Program was very successful its first year.

### 10:35am – 10:40am Advocacy Letter Update

Ali Segna

8 Letters have been mailed out to the following locations:

1. Columbus Zoo and Aquarium
2. COSI
3. Magic Mountain Fun Centers (polaris)
4. Magic Mountain Fun Centers (East)
5. Star Lanes
6. Columbus Bowling Palace
7. World of Bounce
8. Skate Zone 71

Group comments:

- It was suggested that if we get a big organization, we can pitch it as a story perhaps to Commit to be Fit. Might be enticing for an organizations to get the press from Commit to be Fit.
- Ali will send another letter.
- Other suggested locations to send the letter included kids' playground areas, Huntington park/etc, movie theaters, Zoombezi Bay. Promote shade/water for locations such as zoombezi bay and zoo.
- The following coalition members said they could get a direct contact for the locations:
  - Barb-COSI
  - Julie-Director is on board at zoo

- Alice-Magic Mountain, Star Lanes
- Megan Gorby-
- Ali-Skate Zone

Group decided that the letters should be mailed out quarterly.

### **10:40am – 10:50am Society for Nutrition Education and Behavior Conference Update**

Carol Smathers and Jenny Lobb presented Policy System and Environment 101 at the Society for Nutrition Education and Behavior Annual Conference in San Diego, CA. Carol suggested the following presentations to the coalition, which are available at <https://www.sneb.org/2016-conference-material>

- Successes and Challenges in Child Nutrition and Opportunities for Nutrition Educators| Black and Scarmo
- Systems Behavior Change for School Environments: Taking Nutrition Education to the Next Level | Young, Reed and Mills
- Making Real Change: Nutrition Educators as Advocates
- First Bite: Identifying First Foods for Healthier Lifespans | Nordgren
- Public Policy Plenary - What's on the Menu? Federal Policy Implications and Community Solutions Resulting From National Menu Labeling Requirements | Combined

Speaker from MomsRising shared success of their SSB advocacy letter on a national level, this is what our water “Advocacy Letter” is based on. Carol told her about our local-level letter based on this national campaign. She asked that we keep them posted on our progress- We could be an example to MomsRising who could encourage other local groups to engage in similar advocacy.

Level of Community Change Game was incorporated into a pre-conference session. 130 participants were engaged simultaneously (9 groups/mats). Based on feedback from the coalition, scenarios were adapted and a set of facilitator instructions were included. It was very successful! Evaluation scores averaged ‘Helpful’ to ‘Very Helpful’ in all criteria.

Game will be available online as a 4-H Learning Lab. There have been many requests to use the game and Educators have been requesting to purchase games. Many typically order more than one. Presentation/ game set is available to purchase for \$50 or available to borrow for GHKC coalition members.

Upcoming October events:

- Central Ohio Farm to School workshop on Oct 4 (see <https://farmtoschool.osu.edu/>)
- The fourth annual School Garden Conference, “Getting Back to Our Roots” will be hosted by OSU Extension, Franklin County on Friday, October 7, 2016. Educators, after-school personnel, and others interested in learning more about school gardening are invited to attend. Whether you are a new or experienced educational gardener, do not miss the 2016 School Garden Conference! Cost is \$55 and includes lunch and conference materials. To register, please click here: [regonline.com/schoolgarden2016](http://regonline.com/schoolgarden2016)
- Great Lakes Great Apple Crunch event is October 13<sup>th</sup>. The Apple Crunch is about biting into delicious local apples, but it's also about promoting our great farm to school and farm to cafeteria stories throughout the region. Don't forget to share your Crunch plans through social media before and after the Crunch. Registration information is listed at the top of the GLGAC Facebook Page ([www.facebook.com/greatlakesgreatapplecrunch](http://www.facebook.com/greatlakesgreatapplecrunch)). When you register you will receive a 2016 Crunch Guide to help plan and promote your event.

### **10:50am – 10:55am Activity Break**

Ricardo Wilson

**10:55am – 11:05am Breaking News**

Ali Segna

**August is Breastfeeding Awareness Month.**

A recent study examining responsive parenting intervention and rapid infant weight gain was released this month. The study addressed four infant behavioral states: drowsy, sleeping, fussy and alert, using Intervention Nurses Start Infants Growing on Healthy Trajectories (INSIGHT) visits to help parents learn about alternative strategies besides feeding to calm a fussy infant.

The study found that those in the INSIGHT responsive parenting intervention program were positively influenced and that the infants developed appropriate bedtime routines, sleep-related behaviors, and longer sleep durations. This study, coupled with the importance of breastfeeding research and studies, shows promising results of children developing positive eating and sleeping habits, which in turn will promote the maintenance of a healthy weight throughout the child's life span.

**Changes Coming to Panera Kids Meals.** Panera announced it will adhere to five tenets of what they are calling a "Kids Meal Promise" as it hopes to spark a dialogue throughout the industry about what makes up kids meals. For Voices for Healthy Kids, and our advocates, a highlight is that picking a kids meal doesn't drive towards a sugary drink. No drink is automatically included with a meal, and water will be offered as the first choice, and then the option of adding milk or 100 percent juice.

**American Heart Association's first-ever scientific statement recommending specific sugar limits for kids.**

"Children and teens should consume less than 6 teaspoons of "added sugars" a day and drink no more than 8 ounces of sugary beverages a week." Their statement also said "children younger than 2 shouldn't have any added sugars, but instead have nutrition-packed diets for growing healthy brains and bodies."

Comment: AHA recommends sugar limits for kids (should we add this info to the advocacy letter)

**Sugary Drink Tax Shows Signs of Progress in Berkeley, CA.** After adopting the country's first tax on sugary drinks, consumers in Berkeley, California, are drinking 21 percent less of these beverages, according to a new study. At the same time, consumption of water in the city increased by 63 percent, compared with a 19 percent increase in neighboring San Francisco and Oakland, which don't have the tax. The study, published in the American Journal of Public Health, surveyed 2,679 people in low-income neighborhoods across all three cities. The city began collecting the tax in March 2015.

**New! CDC School Nutrition Website and Resources.** CDC has released new tools on their School Nutrition Environment page. The site focuses on school meals, smart snacks, celebrations and rewards, food and beverage marketing, staff role modeling, healthy eating opportunities, and water access.

The site includes a Celebrations and Rewards page that includes resources, such as:

CDC Tips for Teachers – Promoting Healthy Eating and Physical Activity in the Classroom [PDF - 3.6MB]

Healthy Non-Food Rewards [PDF - 724KB]

Healthy School Celebrations [PDF - 1MB]

Alliance for Healthier Generation resources for healthy celebrations and nonfood rewards link!

**Ohio Healthy Program:** One of the most common policies adapted by participating early care providers is "Healthy Celebrations - No baked goods or ice cream for birthdays and holidays."

**Worthington City Schools.** A letter went home to parents earlier this month about the adjustments to Worthington School's policies and practices. The following policies and practices are being put into place the start of this school

year in efforts to provide healthful choices and awareness related to food allergens and health conditions such as diabetes:

- Student Rewards: “Staff will no longer use food as a routine incentive for students.”
- Celebrating Student Birthdays: “We will ask your cooperation in celebrating birthdays without food of any kind (i.e. cupcakes, brownies, chips, etc. will not be permitted).”
  - Principals and teachers will work cooperatively to develop unique ways that the school can celebrate a child’s birthday. This can include announcements, bulletin boards, certificates, etc.
  - Parents are asked to consider non-food alternatives such as pencils, stickers, books to add to the classroom, erasers, word games, or puzzles.
- School/Classroom Parties: “Principals are encouraged to work with their PTA and parents to provide a balance of party activities/crafts, games and foods...”

**11:05am-11:30am Group Discussion:**

Alyssa Dorsey

Coalition members paired off into small groups and were asked: “What interest do you have in the following topics?” and “What specific sub topics would you like to hear about?”

**Topics:**

- Celebratory Awards and Achievements
- Fundraiser Ideas
- Ways to Get Kids to Try New Foods

**Comments included:**

- Local ideas for fundraising awards/incentives
- Try new foods – have a spit bucket to encourage children to try the new food but have the option to spit it out if they do not like it. Also, how to encourage the popular kids to try the food first so that others follow.
- Pairing new foods with something they already like.
- Including kids in the process
- Healthier options
- Birthday book to create a classroom library
- Sell water bottles
- Garden kits/resources
- Team nutrition – Two Bite Club Book
- Have a presentation on trying new foods to present to the coalition
- Handout on trying new foods – NCH
  - Including families trying new foods
  - Try and true recipes
  - Repetition is key
- Behavior chart

Ali will have a presentation put together on ways to get kids to try new foods, including repetition. She will also research available resources on topics.

**Homework:** Meeting Room?

Group preferred a smaller room. Ali will look at availability of rooms. Be on the lookout for room changes.

**Next Meeting:** September 27, 2016, 10:00am-11:30am Columbus Public Health, TBD